

Full Report (All Nutrients) 09287, Prickly pears, raw

Report Date: July 01, 2017 00:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:25% Refuse Description: Seeds, skin, and bud end

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 149g	1 fruit without refuse 103g
Proximates						
Water	g	87.55	4	2.791	130.45	90.18
Energy	kcal	41	--	--	61	42
Energy	kJ	172	--	--	256	177
Protein	g	0.73	3	0.103	1.09	0.75
Total lipid (fat)	g	0.51	2	--	0.76	0.53
Ash	g	1.64	3	0.586	2.44	1.69
Carbohydrate, by difference	g	9.57	--	--	14.26	9.86
Fiber, total dietary	g	3.6	--	--	5.4	3.7
Minerals						
Calcium, Ca	mg	56	1	--	83	58
Iron, Fe	mg	0.30	--	--	0.45	0.31
Magnesium, Mg	mg	85	2	--	127	88
Phosphorus, P	mg	24	1	--	36	25
Potassium, K	mg	220	2	--	328	227
Sodium, Na	mg	5	2	--	7	5
Zinc, Zn	mg	0.12	--	--	0.18	0.12
Copper, Cu	mg	0.080	--	--	0.119	0.082
Selenium, Se	µg	0.6	--	--	0.9	0.6
Vitamins						
Vitamin C, total ascorbic acid	mg	14.0	1	--	20.9	14.4
Thiamin	mg	0.014	1	--	0.021	0.014

Nutrient	Unit	1			1 cup 149g	1 fruit without refuse 103g
		Value Per100 g	Data points	Std. Error		
Riboflavin	mg	0.060	1	--	0.089	0.062
Niacin	mg	0.460	1	--	0.685	0.474
Vitamin B-6	mg	0.060	--	--	0.089	0.062
Folate, total	µg	6	--	--	9	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	9	6
Folate, DFE	µg	6	--	--	9	6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 1 2	µg	2	4	2.167	3	2
Retinol	µg	0	--	--	0	0
Carotene, beta 1 2	µg	25	4	24.500	37	26
Carotene, alpha 1 2	µg	0	4	0.000	0	0
Cryptoxanthin, beta 1 2	µg	3	4	3.000	4	3
Vitamin A, IU a 1 2	IU	43	4	43.333	64	44
Lipids						
Fatty acids, total saturated	g	0.067	--	--	0.100	0.069
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.052	--	--	0.077	0.054
18:0	g	0.010	--	--	0.015	0.010
Fatty acids, total monounsaturated	g	0.075	--	--	0.112	0.077
16:1 undifferentiated	g	0.002	--	--	0.003	0.002
18:1 undifferentiated	g	0.072	--	--	0.107	0.074
20:1	g	0.001	--	--	0.001	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.213	--	--	0.317	0.219
18:2 undifferentiated	g	0.186	--	--	0.277	0.192
18:3 undifferentiated	g	0.023	--	--	0.034	0.024
18:4	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1			1 cup 149g	1 fruit without refuse 103g
		Value Per100 g	Data points	Std. Error		
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Flavonoids						
Flavonols						
Isorhamnetin ³	mg	0.7	4	0.59	1.0	0.7
Kaempferol ³	mg	0.2	4	0.08	0.3	0.2
Quercetin ³	mg	4.9	4	1.66	7.2	5.0

Sources of Data

¹A Homnava, W Rogers, R R Eitenmiller **Provitamin A activity of specialty fruit marketed in the United States.**, 1990 J. Food Composition and Analysis 3 pp.119-133

²Nutrient Data Laboratory, ARS, USDA **Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories**, 1995 Beltsville MD

³Kuti, J.O. **Antioxidant compounds from four Opuntia cactus pear fruit varieties.**Food Chemistry, 2004 Food Chemistry 85 pp.527-533

Footnotes

^a Green variety